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ABSTRACT

An apparatus for orthopedic treatment including a top surface, a bottom surface, and an angle of inclination formed between the top surface and the bottom surface is disclosed.

5 In addition, the apparatus, in some embodiments, may be integrally formed as part of a piece of footwear. A method for providing stability during ambulation including providing and insert and elevating a toe using the insert is also disclosed. Also disclosed is an apparatus for orthopedic treatment wherein the angle of inclination is between approximately 1 and 60 degrees. Also disclosed is an apparatus for orthopedic treatment manufactured from  
10 an elastomeric material. Also disclosed is an apparatus for orthopedic treatment, where the top surface further includes at least one fastener.

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